

Healthy, Thrifty Meals
Menu Planning Made Easy
 FACS SUMMER CONFERENCE 2008
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Eating Healthy

- Build Meals around Rice, Noodles or other Grains (for healthy meals be sure to use whole grain noodles and brown rice)

Rice	Noodles	Other grains
<p><i>Greek Rice Salad</i> Source: USA Rice Federation. For more good-tasting rice recipes, go to www.usarice.com Yield: Makes 6 to 8 servings 3 cups cooked medium grain brown rice 1 cup red grape tomatoes; sliced in half 1/3 cup pitted Kalamata olives, sliced 1/4 cup Feta vinaigrette dressing Salt and freshly-ground pepper to taste Romaine leaves Combine rice, tomato halves, olives and vinaigrette in a large mixing bowl. Season with salt and pepper. Serve with whole Romaine leaves, which can be used like taco shells to hold filling. Alternatively, arrange Romaine leaves on a platter and place rice mixture on top of greens. Chill.</p> <p>For an Italian Rice Salad, you might try substituting an Italian oil/vinegar-type dressing and green olives for the Feta vinaigrette dressing and the Kalamata olives.</p>	<p><i>Stir Fry with Pasta</i> 2-3 cups of precooked pasta Choose ½ cup of the following color groups <u>Red Group</u> Carrots (julienne), Red Pepper, Cherry Tomatoes (add at serving time) <u>Green</u> Broccoli, Zucchini (julienne), Celery <u>Green</u> Frozen peas (run under cold water), Sugar snap peas, Snow peas <u>Yellow/white</u> Cabbage, Onion, Mushrooms In large pan stir fry each of chosen ingredients separately with small amounts of oil for a short time. Do not overcook. As each vegetable is stir-fried, place together in mixing bowl. In the small pan add 2 tablespoons of oil add pasta and stir fry pasta for 1 minute. Pour in ½ cup Yoshida's gourmet sauce (or any other prepared teriyaki) Reduce the liquid, while stirring to make sure that sticking doesn't occur. Add veggies back (sometimes they sweat, so be careful not to add sitting water) and any precooked meat. Heat through Add more teriyaki sauce to taste.</p>	<p><i>One Pan Tamale Dinner</i> From: Crystal Kearn ½ lb ground beef ½ C chopped onions 1 can beans, rinsed and drained 1 pkg Taco seasoning ¼ C water 1 recipe cornbread prepared but not baked</p> <p>Brown meat and onions in large skillet, drain. Add beans, seasoning, and water. Pour cornbread mixture over meat and beans. Cover and cook on low heat 20 minutes or until center is firm. Top each serving with sour cream and serve with a green salad. (You can cook this in the Crockpot on low for an afternoon).</p> <p>Cornmeal Mix 2 C cornmeal 2 C flour 2 T. baking powder 2/3 C dry milk ¼ C sugar 1 tsp salt ½ C shortening To make MIX: Combine dry ingredients; cut in shortening until it looks like fine crumbs. Can store for 3 months. Makes 2 recipes of cornbread. To use MIX: Combine 1 cup water, 2 ½ C MIX, and 1 egg. Bake in greased 8x8 pan for 25 min or until center is firm.</p>

- **Soup and Bread Night**

Implementing a soup and bread night each week is a great way to cut costs at the grocery store. Soup and bread are generally both low cost and nutritious (be wary of soups with costly ingredients such as Broccoli and cheddar). Be sure to choose soups that contain plenty of fruits and veggies. Happily both can be easy to make. If bread is a scary thing for you to make or if it just takes too much time, try using a bread maker or making easy muffins or biscuits.

<p><i>Wendy's Chili</i> 2 lbs ground beef 1 (29 ounce) can tomato sauce 1 (29 ounce) can kidney beans (with liquid) 1 (29 ounce) can pinto beans (with liquid) 1 cup diced onions 1/2 cup diced green chili peppers 1/4 cup diced celery 3 medium tomatoes, chopped or use canned 2-3 teaspoons cumin powder 3 tablespoons chili powder 1 1/2 teaspoons black pepper 2 teaspoons salt 2 cups water</p> <p>Brown the ground beef in a skillet over medium heat. Drain off the fat. In a large pot, combine the beef plus all the remaining ingredients, and bring to a simmer over low heat. Cook, stirring every 15 minutes, for 2 to 3 hours.</p>	<p><i>Comforting Chicken Soup</i> —Recipe from Jullie Payne 2 qts water (8 cups) 8 chicken bouillon cubes 6 1/2 cup uncooked wide egg noodles 3 c cooked cubed chicken 1 cup sour cream Minced Parsley 1 can cream of chicken soup</p> <p>In a large pot boil water and bouillon. Add noodles, cook until tender (10 min). Add soup and chicken, heat and stir in sour cream, sprinkle with parsley. Serves 10</p>	<p><i>Juniper Inn Tomato Mac Soup</i> Recipe from--Leigh Ann Teeples 2 qt Water 2 qt tomato juice 1/2 lb macaroni 1/2 C Brown Sugar 2 t Lawreys Season Salt 1/4 C Butter 1/2 C Green onion chopped 1/2 C Regular onion Chopped</p> <p>Cook with 1 lb. Ground Beef Cook macaroni in water and juice until tender. Add rest of ingredients and simmer until ready to serve.</p>
<p><i>Bread Sticks</i> Recipe from Ann Frederickson</p> <p>Combine 1 1/2 c water 1 TBS yeast When dissolved add 2 TBSP sugar 1/2 t salt 3-4 cups flour</p> <p>Mix. Raise 10 min. Roll out. Let sit 10 min. Roll out and shape into breadsticks. Add butter and garlic salt. Bake 350 for 20 min.</p>	<p><i>2 Hour French Bread</i> (or use for the world's best cinnamon rolls) 4 Tbsp. Yeast 6 Tbsp. Sugar 2 Tbsp. Salt 5 c. Hot Tap water 2/3 c. oil 12 full cups flour</p> <p>Mix 6 c. flour, sugar, salt & yeast. Add water & oil and stir. Add 6 c. flour and stir. Stir down every 10 minutes for 5 times. After 50 minutes, dough is ready to use. Preheat oven to 400° Bake cinnamon rolls 16 minutes. Bake French bread 16-20 minutes.</p>	<p><i>Cheddar and Chive Biscuits</i> KSL Recipe makes about 12 biscuits 1 2/3 cup flour 2 TBSP sugar 1 TBSP Baking Powder 1/2 tsp salt 6 TBSP cold butter 3/4 cup sharp cheddar cheese, shredded 2 tsp snipped fresh chives 3/4 cup butter milk, or milk mixed with 2 TBSP lemon juice</p> <p>Preheat oven to 400 F Lightly spoon flour into measuring cup, place in mixing bowl; add sugar, baking powder and salt; stir to mix. Cut (or mix) butter into flour until lumps resemble peas. Gently stir in shredded cheese and chives. Add buttermilk and stir just until moistened Drop by spoonful on nonstick or lightly greased baking sheet. Bake 15-20 min or until light golden brown. When cool freeze, reheat in microwave</p>

Eating Thrifty

- Try “The Step Down Principle” (thank you to Professor Alena Johnson of USU for this great idea)
 - An important part of menu planning to think about what you really do, and how you could “step down” to a more thrifty way of eating.
 - To visualize the “step-down principle,” imagine a staircase with four steps. On the top step is the most expensive way to purchase an item and on the floor below the bottom step is the least expensive purchasing method.
 - For example I have a friend Megan who LOVES Costa Vida’s Sweet Pork Burrito. She would eat it all the time if she could afford it. Using the step down method this is what Megan’s chart would look like.

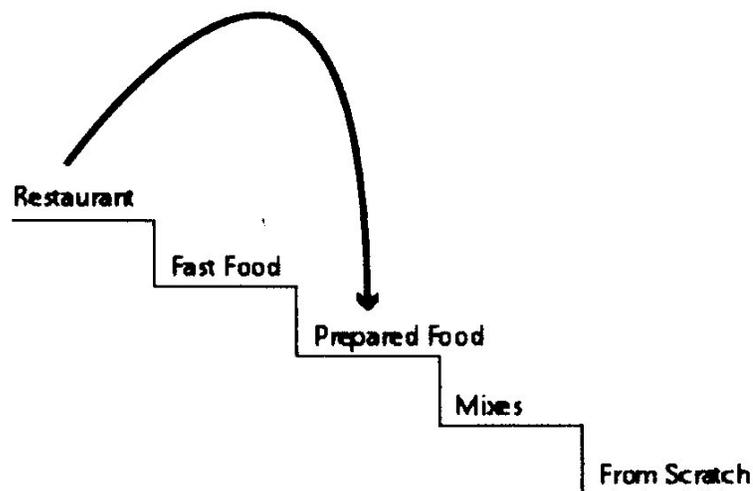
_____ **Top Step:** Costa Vida: Sweet Pork Burrito for about \$6.49 per serving

_____ **2nd Step:** Taco Bell: Casita Burrito for about \$ 4.00 per serving

_____ **3rd Step:** Make at home for about \$ 1.00 per serving.

Megan has decided to make her burrito at home and freeze them. Then she can eat them when ever she wants for much less per serving.

This concept is also easily illustrated by thinking of purchasing pancakes for breakfast. The most expensive method (top step of the staircase) would be going to a “sit-down” restaurant like an IHOP, Denny’s, or Friendly’s and paying about \$3.49, excluding a tip. The next step down would be to buy the pancakes at a fast food outlet for around \$1.99. Go down two steps on the staircase and you might pay 77 cents a serving for frozen pancakes purchased at a supermarket and 25 cents for four pancakes prepared with a dry mix. At the “floor” of the staircase would be the cheapest method still: about 16 cents for a serving of pancakes prepared “from scratch” (i.e., dry ingredients). If you usually buy pancakes at a restraint and you are able to step down one or two steps then your saving can be considerable. As you are planning your menu think about steps that you could take down.



Source: Johnson, A. (1999). Changing financial behavior: The step-down principle. In C.R. Hayhoe and J.E. Morris (Editors). *Proceedings of the Association for Financial Counseling and Planning*, 157.

- Comparison shop. Once or twice a year try comparison shopping at the stores in your area, often the stores we think are less expensive are not.

- **Batch Cooking**

There are some things that just make sense to make a bunch at once. You already have the ingredients and measuring cups out and dirty you might as well make a few more. This is an especially good idea when you have some extra time (Ha! Ha!) on a Saturday and you know that the week or month coming up is super crazy. Additionally if you have something easy and tasty in the freezer you are less likely to go out to dinner or order pizza, both of which are costly in dollars and pounds.

<p><i>Bean and Beef Burrito Mix</i></p> <p>Recipe from USU Extension These are so much better than store bought frozen burritos.</p> <p>1 pound pinto beans 1 pound ground beef 1 pound ground turkey 1 pkg taco seasoning mix 1 large onion, chopped ½ pound cheddar cheese, grated 2 cans diced green chilies 1 pt salsa 1 lb Monterey jack cheese grated</p> <p>Soak beans overnight; drain. Cook beans the next morning in 4 qts of fresh water; drain (reserve 2 cups liquid). Combine beans and reserve liquid; salt to taste. Brown meats with onion and taco seasoning; drain. Add chilies and salsa; stir into beans. Stir in grated cheese; mix well. Spoon onto flour tortillas and fold; serve. Makes 24 –36 depending on size. May wrap and freeze for later use.</p>	<p><i>Fresh Broccoli and Ham Freezer Meal</i></p> <p>(when you make double or triple and freeze the extra)</p> <p>8 oz. macaroni (small elbows, small shells or other), cooked 1/4 c. margarine 1/4 c. flour 2 1/2 c. milk 3/4 c. sharp Cheddar cheese, grated 1 tsp. grated onion (optional) 1 tsp. dry mustard 1 c. mayonnaise 1 c. diced leftover ham 2 c. cooked, chopped broccoli 2 tsp. salt 1/8 tsp. pepper 1 c. corn flakes or bread crumbs, mixed in 2 tsp. melted margarine</p> <p>Cook macaroni. Rinse with boiling water. Make white sauce of margarine, flour and milk. Add cheese, onion and mustard. Fold in mayonnaise, ham, broccoli and seasonings. Top with corn flakes or bread crumbs which have been mixed in melted margarine. Bake in 2 quart casserole at 375 degrees for 25 to 30 minutes or bake in several smaller casseroles. Freezes well.</p>	<p><i>Brown and Serve Rolls</i></p> <p>—or use your own favorite roll recipe.</p> <p>1 egg water, added to egg to make 1 1/2 cups liquid 4 cups bread flour 3/4 teaspoon salt 1/4 cup sugar 1/2 cup soft butter 1 1/2 teaspoons dry yeast butter-flavored cooking spray</p> <p>Beat egg in measuring cup and add enough water to equal 1 1/2 cups liquid. Add liquid to bread maker. Add remaining ingredients except cooking spray in order as suggested by your bread maker. Select dough cycle. When cycle is complete, remove dough and place in large greased bowl and spray top with butter spray. Cover with plastic wrap and let rise until doubled, about 30 minutes. Punch dough down and turn out onto a lightly floured board. Cut dough in half, and then cut each half into 3 equal pieces. Cut each of these pieces into 3 equal pieces to make 18 pieces of dough. Lightly flour hands and roll each piece into a ball and place into muffin tins that have been sprayed with butter spray. Spray tops of rolls, cover and let stand for 30 minutes to rise until doubled. Bake at 400° for 5 minutes or just until they begin to brown. Remove from oven and cool in pans for a few minutes. Remove to racks to cool completely, then place on a tray and put in freezer until firm. Place in plastic freezer bags and freeze. To complete cooking, place as many frozen rolls as you need in muffin tins and bake at 400° until golden brown, about 6 or 7 minutes. Note: If you want to bake them immediately, bake for 8 to 10 minutes or until golden brown.</p>
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Make Smoosh Bags that are ready for the Crockpot or oven.

To make place in a large FREEZER Ziploc bag place 3 lbs of chicken breasts or tenders (or pork or beef). Add 1 Can Diced tomatoes (cream of chicken soup or chicken broth), and 2 to 4 TBSP Seasoning. Label and freeze. Thaw and then cook

Three Ways to Cook:

1. Bake covered at 350 for 1 hour
2. Slow Cook on low for 4 to 6 hours
3. Grill

<p>Garlic Basil Seasoning ½ c dry onion 1 bottle basil 2 TBSP Parsley 1 TBSP dry Mustard 2 TBSP Garlic Powder Dash Sugar Mix all ingredients in an airtight container. Use to make Smoosh bags, breads, potatoes or pasta</p>	<p>Dill Seasoning ¼ cup minced dry onion 1 bottle dill (or 6 Table spoons) ½ bottle dry parsley or 3 tablespoons 3 tbsp garlic salt 1 tablespoon onion powder 1 tsp paprika</p> <p>Mix together and store in airtight gar. Durring last 20 minutes of cooking add 1 8 oz package of cream cheese.</p>	<p>Salsa 1 ½ cups dry cilantro 1 teaspoon garlic powder ½ cup dried chopped onion ¼ cup dried red pepper flakes 1 TBSP salt 1 TBSP pepper</p> <p>Combine all ingredients and mix well. Store in airtight container</p> <p>To make add 1 can diced Mexican tomatoes and meat of your choice.</p>
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Others to try:

- Enchilada Seasoning with a can of diced tomatoes
- Taco Seasoning with a can of cream of chicken soup
- Roast Seasoning with cream of mushroom soup

- Use Sales and Coupons Carefully. Sales and coupons and ruin your food budget if you are not careful. Be sure the item that you are purchasing is really a good deal and that it is something that your really need and will eat. For more help with sales and coupons try these web sites.
 Pinching your Pennies <http://www.pinchingyourpennies.com/> this website offers comparative sale lists each week as well as lots of help with coupons and a discussion group.
 The Grocery Guru <http://www.utahcityguide.com/new/guru/index.asp>
- Use a shopping list. Think it out before you go to the store and stick to your list.
- Don't go shopping on an empty stomach.
- Pay attention to the good deals in your area. For example in Logan there is a Gossners Cheese outlet and a Prepperidge farm outlet. If you normally buy those items anyway it can be a good deal. For those along the Wasatch Front. You might try the food coop. www.foodco-op.org or community supported agriculture www.localharvest.org

Menu Planning

- Make meals easier by using a crock pot or other appliance.

<p>Crock Pot LIME CHICKEN TACOS from: Teresa Hunsaker</p> <p>1 1/2 pounds boneless skinless chicken breasts 3 tablespoons lime juice 1 tablespoon chili powder 1 cup frozen corn 1 cup chunky salsa</p> <p>Place chicken in a 3-quart slow-cooker. Combine lime juice and chili powder; pour over chicken. Cover and cook on low for 5-6 hours or until tender. Remove chicken; cool slightly. Shred and stir in corn and salsa. Freeze in airtight container.</p> <p><i>To serve:</i></p> <p>12 6-inch flour tortillas Sour cream Shredded cheddar cheese Shredded lettuce Chopped tomatoes</p> <p>Serve on tortillas with sour cream, cheese, lettuce and chopped tomatoes.</p>	<p>Chicken Cordon Blue Casserole Adapted from: "What's for Dinner" by Jana Schofield</p> <p>4 boneless chicken breasts 4 slices Swiss Cheese 4 slices of Ham 1 can cream of chicken soup 1/2 cup sour cream 10 saltine crackers or bread crumbs 2 Tbsp butter 1/2 tsp Paprika 1/2 tsp Garlic salt</p> <p>Place chicken in crock pot dish sprayed with cooking spray. Layer Cheese on top of chicken followed by a layer of ham. Mix soup and sour cream together and spread on top of ham. Crush saltine cracker, melt butter. Toss the cracker crumbs in the melted butter and sprinkle on top of soup mixture. Cook for 6 hours on low.</p>	<p>Megan's Shredded Pork Burritos</p> <p>3 lb pork roast 1 can Coke or Pepsi 1 c ketchup 5 T brown sugar</p> <p>Cook roast until tender in crock pot. Shred meat. Place remaining ingredients in a pan. Thicken with cornstarch. Replace sauce and meat in crock pot. Cook on low for 1 hour or more or until ready to serve. Add about 1/2 cup chili sauce (buy on the pickle isle) just before serving.</p> <p>Tortilla; Pork, Spanish rice, black beans, enchilada sauce, and cheese (put in microwave to melt cheese for 30 seconds)</p>
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- Cook Once Eat Twice

When you are going to all that work to make something nice make enough for two meals, then tomorrow you will be able to do some simple food prep and have a great meal.

Today	Tomorrow
Chicken Cordon Blue	Chicken Cordon Blue sandwiches
Roasted Chicken	Chicken Salad
Fried Chicken Strips	Spicy Chicken Wraps
Spaghetti and Meatballs	Meatball subs
Chicken and Rice	Ham fried rice
Pot Roast	French dip sandwiches

- Don't forget old standbys and easy dinner like tomato soup and grilled cheese, or mac and cheese and hot dogs. We all know that frozen pizza is going to happen so you ought to include it in your plan.

Bag the savings at the grocery store

Reported by: Vanessa Coria

http://www.wvec.com/news/topstories/stories/wvec_local_042808_bargain_hunter_grocery.6254474c.html

NORFOLK – The economy’s on everyone’s mind – the mortgage crisis, rising gas prices and rising food prices. It all hits us where it hurts - in the pocketbook.

13News shopped for ten of the basic "must haves" from the grocery store to help you save money. On the list is a box of Honey Nut Cheerios (12.25 oz), store brand milk, Wonder Classic bread (20 oz.), store brand eggs, bananas, Domino sugar (5 lb.), Pillsbury's Best All-Purpose (5 lb.), Dial soap (3 pack), Charmin toilet paper and Gain 100 oz. laundry detergent. We took that list to six different stores, comparing prices at Harris Teeter, Kroger, Food Lion, Farm Fresh, Wal-Mart and K-Mart.

Some of the stores offer discounts with a store card; others don't. (Note: These are totals before sales tax.)

Super Wal-Mart \$30.49	Farm Fresh \$32.58	Food Lion \$33.81 <small>\$31.38 with MVP card</small>
Milk: \$4.13 Eggs: \$1.87 Bread: \$2.14 Cheerios: \$2.76 Flour: \$2.54 Sugar: \$2.32 Charmin: \$7.47 Dial: \$1.76 Gain: \$4.96 Bananas: .33 p/lb	Milk: \$3.79 Eggs: \$1.99 Bread: \$2.50 (2/\$5) Cheerios: \$3.69 Flour: \$2.79 Sugar: \$2.49 Charmin: \$6.39 Dial: \$2.29 Gain: \$5.99 Bananas: .45 p/lb.	Milk: \$3.79 Eggs: \$1.99 Bread: \$2.49 Cheerios: \$3.74 Flour: \$2.63 Sugar: \$2.49 Charmin: \$8.49 Dial: \$2.19 Gain: \$5.49 Bananas: .33 p/lb.
Kroger \$34.03 <small>\$32.74 with Kroger card</small>	Harris Teeter \$35.10 <small>\$34.10 with VIC card</small>	Super K-Mart \$34.93
Milk: \$3.99 Eggs: \$1.99 Bread: \$2.39 Cheerios: \$3.29 Flour: \$2.69 Sugar: \$2.59 Charmin: \$8.49 Dial: \$2.09 Gain: \$5.99 Bananas: .33 p/lb.	Milk: \$3.59 Eggs: \$1.99 Bread: \$2.69 Cheerios: \$3.49 Flour: \$2.79 Sugar: \$2.49 Charmin: \$8.99 Dial: \$2.29 Gain: \$5.99 Bananas: .49 p/lb.	Milk: \$4.29 Eggs: \$1.50 (2/\$3) Bread: \$1.79 Cheerios: \$3.99 Flour: \$2.50 (2/\$5) Sugar: \$3.89 Charmin: \$8.49 Dial: \$1.50 (2/\$3) Gain: \$5.99 Bananas: .59 p/lb.

K-Mart cost the most, followed by Harris Teeter, Kroger, Farm Fresh, Food Lion. Wal-Mart Super Center was the cheapest on all ten products - by nearly \$4.00.

Bottom of Form

Farm Fresh President and Chief Operating Officer, Ron Dennis, says the grocery business is competitive.

"We have people who price check our competitors. They price check us and everybody stays within a range and you try to be as competitive as you possibly can."

The biggest price difference was on toilet paper – \$2.60 between Harris Teeter and Farm Fresh; Cheerios cereal at Super K-Mart cost \$1.99 more than at Food Lion; there was \$1.57 difference between the most expensive sugar at Super K-Mart and the least expensive at Wal-Mart.

While Farm Fresh, K-Mart and Kroger all sold laundry detergent for \$5.99, it was \$1.03 less at Wal-Mart.

The Community Food Coop of Utah Sample order Form for more information go to www.foodco-op.org
 Please complete all of the following information

Name: Co-op Team Site:

I am home-bound and request delivery

Address: ZIP:

I would like a reminder call this month please

E-mail: Phone:

My contact information has changed to the above. **PRICE QUANTITY TOTAL**

I want to be a member! Here is my membership contribution:

n/a

M

STANDARD SHARE (\$32-\$42 Retail Value)

2 lbs. Chicken Thighs	Fresh Fruits (3 varieties)	\$21	SS
2/6 oz. Top Sirloin Steaks	Fresh Vegetables (5 varieties)		
2 lbs. Pork Spareribs (Bone-in)	<i>Stone Ground's</i> Whole Wheat Bread		
1 lb. Lean Ground Beef (85/15)	16 oz. Rice		

HALF SHARE (\$21-\$27 Retail Value)

2 lbs. Chicken Thighs	Fresh Vegetables (4 varieties)	\$13	SL
2/6 oz. Top Sirloin Steaks	<i>Stone Ground's</i> Whole Wheat Bread		
Fresh Fruits (3 varieties)	16 oz. Rice		

HARVEST SHARE (\$21-\$26 Retail Value)

Fresh Fruits (3 varieties)	<i>Stone Ground's</i> Whole Wheat Bread	\$14	SH
Fresh Vegetables (6 varieties)	16 oz. Rice		

ADD-ONS (You must purchase one of the above shares to be eligible for an add-on & supply is LIMITED)

Grill Sampler	2/6 oz. Top Sirloin Steaks 4/5 oz. Center Cut Pork Chops 2 Chicken Breasts 1 lb. Lean Ground Beef	\$13	AGS
19.6 oz. <i>Colosimo</i> s Cheddar-Brats - <i>Colosimo</i> s normal bratwurst filled with cheddar cheese		\$3.50	ABC
Stoneground Bakery s Rustic Sourdough Loaf - Heavy loaf with crisp crumb crust		\$1.50	ABR
Nutty Guys	1 lb. Banana Chips 1 lb. Pineapple Rings (dried)	\$11.50	ANB
Snack Sampler	1 lb. Almonds (raw) 1 lb. Cashews (roasted, salted)		

FAIR TRADE ITEMS (Rich & delicious products benefiting small-scale farmers and the environment)

Organic Rooibos Tea - a rich, fruity caffeine-free tea (25 bags)	\$4	CG
Café Salvador 12 oz. Coffee - Drip Grind	\$6.25	CS
Organic Ethiopian 12 oz. Coffee - Whole Bean	\$6.50	CO

FOOD CO-OP TOTE BAG (One more way to support the Community Food Co-op of Utah!)

Co-op Tote Bag	\$7	XT
•100% natural cotton canvas tote - 17 inches deep with long straps		

This month I would like to volunteer with the following: (Co-op Office) (Co-op Team) (Homebound Delivery) (Co-op Warehouse) (Food Bagging Party) (Double Checking)

Total

Make It With Mixes White Sauce Mix

2 cups instant nonfat dry or 1 ½ cups non instant dry milk

1 cup all purpose flour

2 teaspoons salt

1 cup butter or margarine

Combine dry milk, flour and salt; mix well. Cut in butter until resembles fine crumbs. Store in airtight container (store 2 months in refrigerator). Makes 8 cups sauce

*1 recipe of mix will fit inside a quart size mason jar

To Use White Sauce Mix:

Combine ½ cup White sauce Mix. 1 cup cool water and herbs to taste. Cook over low heat until smooth and thick. Makes 1 ½ cups sauce.

*I make it in the microwave. Cooking 1 minute at a time and then stirring until thick.

Cheese Sauce—Add ½ to 1 cup shredded cheese mixture thickens; stir until cheese melts

Curry Sauce-Add 1 teaspoon curry powder to thickened mixture.

What Do I use this for?

Mac and Cheese--just add grated cheese and cooked macaroni

Pasta Alfredo--add parmesan, parsley and cream cheese

Any Chowder Based Soup

Chicken Gravy--add a little bouillon

Homemade Maple Syrup

1 ¾ cups sugar

¼ cup brown sugar

1 cup water

½ tsp vanilla extract

½ tsp maple flavoring

Combine first three ingredients in a saucepan and bring to a boil.

Cook 1 minute. Remove from heat. Stir in vanilla and maple.

If saucepan is covered as the syrup cools, there will be less crystallizing of the syrup.

Shake and Bake Mix

4 cups flour

4 cups finely crushed saltine crackers

¼ cup salt

2 tablespoons sugar

1 tablespoon garlic powder

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon pepper

3 tablespoons paprika

¼ cup vegetable oil

Mix all dry ingredients together. Drizzle oil over mixture and mix thoroughly until oil is well distributed and particles are fine. Store mix, refrigerated in a tightly covered container.

To use Shake and Bake Mix:

Preheat oven to 350 degrees. Rinse Chicken or fish; Pat dry. Dip into beaten egg, buttermilk, milk, or salad dressing to coat, and then dip into mix. Place on baking sheet and bake at 350 degrees for 20-30 minutes for boneless and 1 hour for bone in chicken, until meat thermometer reads 160 degrees.

Corn Bread

2 cups corn meal

2 cups flour

2 TBSP baking powder

2/3 cup instant non fat dry milk

¼ c sugar 1 tsp salt

½ c shortening

Combine dry cut in shortening until it looks like fine crumbs

Stores 3 months

To make

1 cup water

2 ½ cups mix

1 egg

Preheat 400 lightly grease 8 by 8 baking pan. Mix egg and water. Add cornmeal mix. Stir until moistened. Pour into pan. Bake for 25 min or until center is firm

Utah Ready-Quick Mix

Ingredients	Makes 29 cups	Makes 13 cups
Flour	5 pounds (about 20 cups)	9 cups
Double-acting Baking Powder	¾ cup	1/3 cup
Salt	2 Tbsp. + 1 tsp	4 tsp.
Shortening—which does not require refrigeration	4 cups	1-¾ cups
Non-fat dry milk	2-¾ cups	1-¾ cups

Stir baking powder, non-fat dry milk, and salt into the flour. Cut fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal. This can be done with a pastry blender, fork, or electric mixer. Measuring Mix for recipes: Do not sift mix. Stir lightly before measuring. Lift lightly into cup and level with straight edge. Storage: When deciding how much Ready-Quick Mix to make, consider how quickly it will be used and if you have a large enough container to make and store 29 cups. Store in a tightly covered container, at room temperature for up to six weeks.

Onion Soup Mix

¾ cup instant minced onion

1/3 cup beef-flavor instant bouillon

4 teaspoons onion powder

1/4 teaspoon celery seed -- crushed

1/4 teaspoon sugar

Combine all ingredients and store in an airtight container.

5 Tablespoons = 1 package of onion soup mix.

Use as commercial onion soup mix.

Onion Soup

Add one or two tablespoons to 1 cup of hot water.

Onion Dip

5 tablespoons onion soup mix

2 cups of sour cream.

Combine and chill.

Hamburger Meal Mix

TO MAKE MIX:

- 1 ¼ cups macaroni
- 1 tsp. minced onion
- 1 tsp beef bouillon
- 1 tsp chili powder
- OR ¾ tsp Italian seasoning
- ¼ tsp garlic powder

Combine all ingredients. Place in airtight container; store in cool dry place. Use within 6-8 months. Makes 1 mix. I usually make 5 or 6 at a time.

TO USE:

- 1 lb. ground beef
- 2 cups tomato sauce
- 2 cups water
- 1 hamburger meal mix

Brown 1 lb. ground beef; drain. Stir in 2 cups tomato sauce, 2 cups water and 1 MIX. Bring to boil; cover and reduce heat. Simmer for 15-20 minutes, until macaroni is tender. Serves 5.

Cookie Mix

- 9 cups all purpose flour
- 3 cups nonfat dry milk
- 3 TBSP baking powder
- 1 TBSP salt
- 4 cups shortening
- 4 cups sugar

Mix flour, dry milk, baking powder and salt. Soften shortening in a large bowl; add sugar and mix until light and fluffy. Add dry ingredients gradually; blend thoroughly, using low speed until resembles coarse cornmeal. Store in large canister at room temp.

**Cookie mix will keep for several weeks

To use Cookie Mix

Chocolate Chip Cookies

- 4 cups Cookie Mix
- 2 egg
- 2 Tablespoons water
- 1 ½ tsp vanilla
- ¼ cup chocolate chips
- 1 cup walnuts, chopped

Blend all ingredients thoroughly, adding chips last. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 for 10-13 minutes; cool on rack.

Peanut Butter Cookies

4 cups Cookie Mix
½ cup brown sugar
1 cup peanut butter
2 eggs
1 ½ teaspoons vanilla
1 tablespoon water

Blend all ingredients thoroughly. Make small balls of dough; place on ungreased cookie sheet and flatten with tines of fork. Bake at 375 degrees for 10-12 minutes; cool on rack.

Cherry Drops

3 cups cookie Mix
2 eggs
½ cups pecans, chopped
½ cup maraschino cherries drained, chopped
Blend mix and eggs; add cherries and nuts. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 Degrees for 10-12 minutes. Cool on Rack

Brownies

2 cups cookie mix
2 eggs 2 squares unsweetened chocolate, melted
½ cup brown sugar
¼ cup water
2 teaspoons vanilla
½ cup walnuts chopped

Melt chocolate; blend all ingredients thoroughly adding nuts last. Spread in greased and floured 9" square pan
Bake at 350 degrees for 25 minutes. Cool and cut into bars.

Crystal's Chocolate Desert

4 cups cookie mix
4 eggs
4 squares unsweetened chocolate, melted
1 cup brown sugar
1/2 cup water
4 teaspoons vanilla
1 cup walnuts chopped
Melt chocolate; blend all ingredients thoroughly adding nuts last. Spread in greased and floured 9X13 pan
4 cups Cookie Mix
2 egg
2 Tablespoons water
1 ½ tsp vanilla

Blend all ingredients thoroughly, Drop by teaspoonful onto of brownie mixture. Bake at 350 degrees for 15 minutes. The center will not be set but the consistency of frosting.

1 Week Menu Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

<u>Bakery</u>	<u>Canned Goods</u>	<u>Dairy/Eggs</u>	<u>Frozen Foods</u>	<u>Mixes/Jello</u>	<u>Non-Food Items</u>
<u>Baking Needs</u>		<u>Fresh Produce</u>		<u>Pasta</u>	
	<u>Cereal/Crackers</u>		<u>Meats</u>	<u>Spreads/Dressings</u>	

Shopping List Wal-Mart Loop

Health/Beauty/Rx	Home Improvement, Sports/Camping, Toys
Home/Kitchen/Bath/Office Supplies	Electronics/Photo/Entertainment
Fabric/Crafts	Apparel
Baby/Child	Dairy, Eggs, Drinks
Laundry, Cleaning Supplies, Paper/Plastic	Cereal, Crackers, Chips
Baking	Canned Fruits/Veggies/Juices
Pasta, Rice, Soups	Condiments/Drinks
Frozen Fruits/Veggies/Foods	Breads
Meat, Poultry	Produce, Deli
	Miscellaneous